

Footsie 100

拍數: 64 牆數: 2 級數: Advanced
編舞者: Rob Fowler (ES)
音樂: Believe - Cher



- 1-2 Step to the right on right foot, rock left foot behind right
&3-4 Rock forward onto right foot, step to the left on left side, rock right behind left foot
&5-6 Rock forward onto left foot, step forward on right foot, pivot a ½ turn left
7-8 Step forward on right foot, pivot a ½ turn left
- 9&10 Right sailor step
11&12 Left sailor step
13&14 Cross right foot over left foot, rock back onto left foot, step right foot together
15&16 Cross left foot over right foot, rock back onto right foot, step left foot together
- 17-18 Rock forward onto right foot, rock back onto left foot
19&20 Make a ½ turn right as you shuffle on right, left, right
21-22 Step forward onto left foot, pivot a ½ turn right
23-24 Step forward onto left foot, make a full turn to the right on the ball of the left foot hooking right foot in front of left
- 25&26 Shuffle forward on right, left, right
27-28 Step forward on left foot, pivot a ¾ turn to the right
29-30 Step a long step to the left on left foot, step right foot next to left
31&32 Touch left foot forward, bring left foot back in place, touch right heel forward
- 33-34 Step diagonally back to the right with right foot, slide left foot to the right as you do a right heel grind
& Step down onto right foot
35-36& Repeat 33-34 & starting diagonally back on left foot
37-38& Repeat 33- 34 &
39-40& Repeat 35 36 &
- 41-42 Step to the right on right foot, step left foot behind right
43&44 Making a ¼ turn right shuffle forward on right, left, right
45-46 Step forward on left foot, pivot a ½ turn to the right
47&48 Making a ½ turn right as you shuffle on left, right, left
- &49 Split both heels out moving slightly backwards, bring heels back inwards with left heel to right instep
&50 Split both heels out moving slightly backwards, bring heels back inwards with right heel to left instep
&51 Split both heels out moving slightly backwards, bring heels back inwards with left heel to right instep
&52 Clap hands twice
- &53 Split both heels out moving slightly backwards, bring heels back inwards with right heel to left instep
&54 Split both heels out moving slightly backwards, bring heels back inwards with left heel to right instep
&55 Step left foot diagonally backwards to the left, step right foot shoulder width apart

- &56 Clap hands twice
- 57& Rock forward onto right foot, rock back onto left foot
- 58& Rock back onto right foot stepping back, rock forward onto left foot
- 59-60 Step forward onto right foot, make a $\frac{1}{4}$ turn to the left
- 61&62 Kick right foot forward, step right foot next to left, step back onto left foot
- 63-64 Option 1 -- roll knees round to the left making a $\frac{1}{4}$ turn left
Option 2 -- body roll a $\frac{1}{4}$ turn to the left

REPEAT
